

Grape Juice and Fruit Freeze

Makes: 4 Servings

Unsweetened grape juice is used in this recipe to make this refreshing treat. You may also mix unsweetened grape juice with yogurt, fruit, and ice for a refreshing smoothie.

Ingredients

2 cups grape juice

2 tablespoons lemon juice

1 cup canned mixed fruit (drained)

1/2 tablespoon cinnamon

1/2 cup plain nonfat yogurt (if you like)

Directions

1. Mix all ingredients in a blender until smooth. If using yogurt, add that too.
2. Pour over crushed ice to serve.

Notes

Tip: Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Source: Recipe adapted from Welchs.com.

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	30 mg
Total Carbohydrate	30 g
Dietary Fiber	2 g
Total Sugars	27 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	84 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available